#### Iowa WIC Program 1-800-532-1579



Your child has you. And you have WIC

Bureau of Nutrition and Health Promotion

## Friday Facts

Week ending Issue: August 5, 2011 - Issue #110

#### **Policy**

## From the WIC Services Policy and Procedure Manual — 380.50 Evaluating Nutrition Education Materials

Selecting appropriate and useful nutrition education materials is an important priority of the WIC Program. Evaluation helps use limited budget and time wisely, ensure accurate nutrition information, and increases the effectiveness of nutrition education activities.

Evaluating materials is just one step in the process. The four-step process listed below is recommended to ensure that selected materials meet the needs of the target population

Step	Action	
1	Assess the needs of your target audience.	
2	Evaluate the nutrition education material.	
3	Pretest the materials with the target audience.	
4	Use the materials effectively.	

#### Clarification of IDPH Hotel contract reimbursement rates

The Iowa Department of Administrative Services-State Accounting Enterprise has answered questions concerning agency travel reimbursement rate for hotels. The \$75.00 plus tax contract rate is for the room and is the maximum amount reimbursable regardless if the room is shared. The contractor cannot be reimbursed more than \$75 plus taxes per room per night.

As an example: two individuals staying at a \$120 hotel room would not be reimbursed \$60 each but only \$37.50 plus taxes.

#### Information

#### **New ISU Extension Program**

Historically, some WIC participants wait until the end of the growing season to use their Farmers Market Checks. This might be a good time to consider preserving some of the produce for future use. Currently, your local nutrition and health field specialists are involved in a new program called Preserve the Taste of Summer and have information on preservation. For more information, contact your local ISU Extension office.

#### WIC Serves 53 Percent of All Infants Born in the United States

**Washington, DC, July 25, 2011** - The Food and Nutrition Service recently updated its WIC website to state that WIC serves 53 percent of all infants born in the United States, instead of the previously stated 45 percent. This figure comes from the most recent 2009 data for WIC infant participation and CDC birth data.

To view the website visit: <a href="http://www.fns.usda.gov/wic/aboutwic/wicataglance.htm">http://www.fns.usda.gov/wic/aboutwic/wicataglance.htm</a> (Spanish)

#### Seeking a Registered Dietitian

Seeking a full time Registered Dietitian to work in a public health-based WIC Program, serving north central Iowa. Responsible for providing nutrition assessments and a variety of nutrition counseling for individuals and young families, as well as providing referrals for needed health care. Schedule includes daytime hours, no weekends or holidays. Benefits offered: Paid Time Off, IPERS, health, dental, life and disability insurance in addition to a competitive salary. EOE. Forward resume and cover letter to:

North Iowa Community Action Organization Family Health Center-Lisa Koppin 100 1<sup>st</sup> St. NW Suite 200 Mason City, IA 50401

#### **New from the Centers for Disease Control and Prevention**

http://www.cdc.gov/breastfeeding/data/reportcard.htm

The Breastfeeding Report Card, now in its 5th year, provides perspectives on state and national trends in breastfeeding data. Since the release of the first Report Card in 2007, there have been steady improvements in several indicators, especially in 3 month and 6 month exclusive breastfeeding rates, which increased more than 5 and 4 percentage points, respectively. Changes in state and national rates are not attributable to any one factor. A woman's ability to reach her breastfeeding goals is affected by a host of factors including support from her family, community, employer and health system.

Kathleen Pellechia RD Electronic Resources Coordinator WIC Works Resource System

#### Reports

#### **Is your Drinking Water Missing Something?**

Despite being named one of the top ten public health achievements in the 20th century, an alarming trend of fluoride elimination from community water systems is occurring across Iowa. Commonly-reported reasons for discontinuation or reduction have included equipment cost, the US Department of Health and Human Services-Centers for Disease Control and Prevention's proposed recommendations, and antifluoridation movements. Below are three growing lists of water systems that have discontinued, reduced, or are considering the elimination of fluoride from their community water. These lists are updated as new occurrences are reported to the Iowa Department of Public Health. *See flyer at end of Friday Facts*.

#### **Training**

# Celebrate World Breastfeeding Week by taking two brand new free online courses from the WIC Works Resource System:

WIC  $101 - \frac{1}{2}$  hour overview of the history, mission and services of the WIC program. Highlights the food packages and WIC's efforts in the area of breastfeeding promotion and support. Great for new staff, students and interns.

WIC Breastfeeding Basics – 1 hour training with tips and guidance for breastfeeding promotion and support in the WIC program. Based on Using Loving Support to Grow and Glow in WIC. A great training or refresher for all levels of WIC staff. Applications have been submitted for 1 CEU for this course for nurses, dietitians and lactation consultants. We will let you know when the course is approved.

Both of these new courses offer audio narration – a new feature for WIC Learning Online and one we will be adding to our existing courses over the next year.

Sign in to WIC Learning Online today to get started: <a href="http://wicworks.nal.usda.gov/wlol.html">http://wicworks.nal.usda.gov/wlol.html</a>. New users can register at <a href="http://wiclearning.skillport.com/skillportfe/register.action">http://wiclearning.skillport.com/skillportfe/register.action</a>.

Questions can be directed to wicworks@ars.usda.gov.

We hope you enjoy these new courses!

Kathleen Pellechia RD Electronic Resources Coordinator WIC Works Resource System

#### EBT Update

EBT does not greatly change the way clinic flows. Participants still complete their appointments as usual, but instead of receiving checks at the end of the appointment, benefits are loaded onto their EBT card. Uploading benefits to the EBT card is a quick process and if needed, changes can be made to the food package after the benefits are loaded.

#### **Dates to Remember**

#### 2011

**NETC** 

October 24 & 25

**Advisory Committee Meetings** 

October 7

WIC Contractors' Meeting

• August 30

### Available Formula

Product	Quantity	<b>Expiration Date</b>	Agency	Contact
Enfaport Lipil	23 – 8 oz cans (ready-to-feed)			Chuck Dufano @ 319-356-6042
Neocate	4 cans – 14 oz Powdered	10/2011	Webster County	Kathy Josten @ 515-573-4107
Neocate	19 cans – 14 oz powder 30 cans – 14 oz power	11/19/11 1/8/12		Lucy Reifel @ 605-747-2617
Similac PM 60/40	3 cans	10/2012	_	Chuck Dufano @ 319-356-6042

# Is Your Drinking Water Missing Something? Iowa Communities Discontinue or Reduce Water Fluoridation

Despite being named one of the top ten public health achievements in the 20th century, an alarming trend of fluoride elimination from community water systems is occurring across lowa. Commonly-reported reasons for discontinuation or reduction have included equipment cost, the US Department of Health and Human Services-Centers for Disease Control and Prevention's proposed recommendations, and anti-fluoridation movements. Below are three growing lists of water systems that have discontinued, reduced, or are considering the elimination of fluoride from their community water. These lists are updated as new occurrences are reported to the lowa Department of Public Health.

No longer provides fluoride				
Water System	County			
Ashton	Osceola County			
Coon Rapids	Carroll County			
Elkader	Clayton County			
Everly	Clay County			
Jefferson	Greene County			
Sutherland	O'Brien County			
Victor	Iowa County			

Considering discontinuation or reduction				
Water System	County			
Aplington	Butler County			
DeSoto	Dallas County			
Gilmore City	Humboldt County			
Granger	Dallas County			
Keokuk	Lee County			
Mechanicsville	Cedar County			
New Sharon	Mahaska County			
Ossian	Winneshiek County			
Tama	Tama County			
Waterloo	Black Hawk County			

Reduced fluoride level to 0.7 PPM or less			
Water System	County		
Ames	Story County		
Boone	Boone County		
Burlington	Des Moines County		
Cedar Rapids*	Linn County		
Chariton	Lucas County		
Churdan	Greene County		
Clinton - IA American Water	Clinton County		
Dallas Center*	Dallas County		
Davenport - IA American Water	Scott County		
Des Moines Water Works	Polk County		
Ida Grove	Ida County		
Iowa City	Johnson County		
Lamoni	Decatur County		
Muscatine	Muscatine County		
Newton Water Supply	Jasper County		
Osceola	Clarke County		
Rathbun Rural Water	Appanoose County		
Slater	Story County		
University of Iowa	Johnson County		
Winterset	Madison County is considering discontinuation.		

\*Water system is considering discontinuation.